

Full Report (All Nutrients) 02054, Capers, canned

Report Date: October 25, 2015 14:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs**Carbohydrate Factor: 2.35 Fat Factor: 8.37 Protein Factor: 1.82 Nitrogen to Protein Conversion Factor: 6.25**

Nutrient	Unit	1	Data points	Std. Error	1 tbsp, drained 8.6g
		Value Per 100 g			
Proximates					
Water	g	83.85	2	--	7.21
Energy	kcal	23	--	--	2
Energy	kJ	96	--	--	8
Protein	g	2.36	2	--	0.20
Total lipid (fat)	g	0.86	2	--	0.07
Ash	g	8.04	2	--	0.69
Carbohydrate, by difference	g	4.89	--	--	0.42
Fiber, total dietary	g	3.2	4	0.360	0.3
Sugars, total	g	0.41	--	--	0.04
Minerals					
Calcium, Ca	mg	40	2	--	3
Iron, Fe	mg	1.67	2	--	0.14
Magnesium, Mg	mg	33	2	--	3
Phosphorus, P	mg	10	2	--	1
Potassium, K	mg	40	2	--	3
Sodium, Na	mg	2348	--	--	202
Zinc, Zn	mg	0.32	2	--	0.03
Copper, Cu	mg	0.374	2	--	0.032
Manganese, Mn	mg	0.078	2	--	0.007
Selenium, Se	µg	1.2	--	--	0.1
Vitamins					
Vitamin C, total ascorbic acid	mg	4.3	1	--	0.4
Thiamin	mg	0.018	2	--	0.002

Nutrient	Unit	1			1 tbsp, drained	
		Value Per 100 g	Data points	Std. Error	8.6g	
Riboflavin	mg	0.139	2	--	0.012	
Niacin	mg	0.652	2	--	0.056	
Pantothenic acid	mg	0.027	2	--	0.002	
Vitamin B-6	mg	0.023	2	--	0.002	
Folate, total	µg	23	2	--	2	
Folic acid	µg	0	--	--	0	
Folate, food	µg	23	2	--	2	
Folate, DFE	µg	23	--	--	2	
Choline, total	mg	6.5	--	--	0.6	
Vitamin B-12	µg	0.00	--	--	0.00	
Vitamin B-12, added	µg	0.00	--	--	0.00	
Vitamin A, RAE ¹	µg	7	2	--	1	
Retinol	µg	0	--	--	0	
Carotene, beta ¹	µg	83	2	--	7	
Carotene, alpha ¹	µg	0	2	--	0	
Cryptoxanthin, beta ¹	µg	0	2	--	0	
Vitamin A, IU ¹	IU	138	2	--	12	
Lycopene	µg	0	--	--	0	
Lutein + zeaxanthin	µg	0	--	--	0	
Vitamin E (alpha-tocopherol)	mg	0.88	--	--	0.08	
Vitamin E, added	mg	0.00	--	--	0.00	
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	
Vitamin D	IU	0	--	--	0	
Vitamin K (phylloquinone)	µg	24.6	--	--	2.1	
Lipids						
Fatty acids, total saturated	g	0.233	1	--	0.020	
4:0	g	0.000	1	--	0.000	
6:0	g	0.000	1	--	0.000	
8:0	g	0.000	1	--	0.000	
10:0	g	0.000	1	--	0.000	
12:0	g	0.000	1	--	0.000	
14:0	g	0.001	1	--	0.000	
16:0	g	0.170	1	--	0.015	

Nutrient	Unit	1			1 tbsp, drained	
		Value Per 100	Data points	Std. Error	8.6g	
18:0	g	0.036	1	--	0.003	
Fatty acids, total monounsaturated	g	0.063	1	--	0.005	
16:1 undifferentiated	g	0.004	1	--	0.000	
18:1 undifferentiated	g	0.057	1	--	0.005	
20:1	g	0.001	1	--	0.000	
22:1 undifferentiated	g	0.000	1	--	0.000	
Fatty acids, total polyunsaturated	g	0.304	1	--	0.026	
18:2 undifferentiated	g	0.111	1	--	0.010	
18:3 undifferentiated	g	0.183	1	--	0.016	
18:4	g	0.000	1	--	0.000	
20:4 undifferentiated	g	0.002	1	--	0.000	
20:5 n-3 (EPA)	g	0.000	1	--	0.000	
22:5 n-3 (DPA)	g	0.001	1	--	0.000	
22:6 n-3 (DHA)	g	0.000	1	--	0.000	
Fatty acids, total trans	g	0.000	--	--	0.000	
Cholesterol	mg	0	--	--	0	
Phytosterols	mg	48	1	--	4	
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	
Caffeine	mg	0	--	--	0	
Theobromine	mg	0	--	--	0	
Flavonoids						
Flavonols						
Kaempferol ^{2 3}	mg	131.33	20	12.12	11.29	
Quercetin ^{2 3}	mg	172.55	20	26.48	14.84	

¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

²Antonen, M. J. and Karjalainen, R. O. High-performance liquid chromatography analysis of black currant (*Ribes nigrum L.*) fruit phenolics grown either conventionally or organically., 2006 J. Agric. Food Chem. 54 pp.7530-7538

³Inocencio, C., Rivera, D., Alcaraz, F., and Tomás-Barberán, F. A. Flavonoid content of commercial capers (*Capparis spinosa*, *C. sicula* and *C. orientalis*) produced in Mediterranean countries., 2000 Eur. Food Res. Technol 212 pp.70-74